



# ***A Profile of Older Adults***

*in Sacramento County  
California  
2004*



## **A Growing Population**

In the United States, those who were born between the years 1946 to 1964 are commonly referred to as “Baby Boomers”. Currently, this portion of the population represents 76 million persons. They are the largest cohort ever born in the United States, and represent an overwhelming 31% of the overall population. The California Department of Finance projects that by the year 2040, Sacramento County will experience a 157.8 percent increase in the population age 60 and older and a 316.2 percent increase in those 85 and older.

The Sacramento County Adult and Aging Commission, in its capacity as an advisory body to the Sacramento County Board of Supervisors, developed in collaboration with over 100

community organizations and individuals “*A Profile of Older Adults in Sacramento County, 2004*” to provide a snapshot of Sacramento County’s older adult population.

While the diversity in the senior population reflects that of the general adult population, there are issues of aging that will impact all seniors, regardless of wealth, ethnicity and education. The senior population reflected in this profile can span from 60 to more than 100 years of age.

The principal source for the information in this profile is data collected by many public agencies and organizations in the area.

Even though reliable and inclusive data was not available in all cases, participants

determined it was important to include such indicators in the hope that it would result in future collaboration and data collection.

The Profile has several goals and objectives:

1. Describe the current situation for older adults in Sacramento County.
2. Provide a useful report that can be used by policy makers, advisory bodies and other community organizations to augment policy.
3. Create a living document that can be expanded and updated in the future.
4. Foster dialogue and prompt readers to ask questions about the status of older adults in Sacramento County.

## Key Result Areas and Indicators

### POPULATION

#### Indicators

Current Population  
Population Projections  
Gender and Marital Status  
Race and Ethnicity  
Languages and Linguistic  
Isolation  
Education and Lifelong  
Learning

#### Population Highlights

- At the time of the 2000 U.S. Census there were 1,223,499 Sacramento County residents and 14.6 percent (178,183) were age 60 or older. Residents in the 65 to 74-age bracket comprised the greatest percentage of older adults followed by those between the ages of 75 and 84.
- Older adults of Asian and Black/African American heritage increased by more than 50% in the last ten years.
- By 2040, Sacramento County will experience a 157.8% increase in the population over the age of 60 and a 316.2% increase in those over the age of 85.

### INCOME AND HOUSING

#### Indicators

Median Household Income  
Employment  
Living Arrangements  
Homeownership  
Rental Housing  
Affordable Housing  
Assisted Living/ Residential  
Care

#### Income and Housing Highlights

- Older adults are delaying retirement and continuing to work past age 66.
- 75% of persons age 55 and older are homeowners.
- More than 1/3 of older adult renters in Sacramento County pay 35% or more of their income for housing.

### TRANSPORTATION

#### Indicators

Motor Vehicles  
Public Transportation  
Alternative Transportation

#### Transportation Highlights

- As of January 2004 older adults make up 17% of all licensed drivers in the County.
- 54.2% of households without access to a private vehicle were headed by older adults.
- Older adults made up approximately 71% of total Paratransit users in 2003.

## CIVIC ENGAGEMENT

### Indicators

Veterans  
Voters  
Philanthropy and  
Volunteerism

### Civic Engagement Highlights

- Nearly ¼ of all registered voters were over the age of 60.
- More than 50,700 veterans over the age of 60 live in Sacramento County.
- 87% of area residents over 60 are likely to make some type of charitable contribution.

## HEALTH

### Indicators

Health Care Coverage  
Health Status  
Health Risks

### Health Highlights

- Most older adults feel their health status is good to very good.
- There are 133,617 Medicare recipients over the age of 60.
- 85% of those over 60 have at least one chronic health condition.
- There is an estimated 8,339 persons with a mental illness.
- 15.2% of older adults currently smoke.

## SAFETY

### Indicators

Offenses Against Older  
Adults  
Elder Abuse

### Safety Highlights

- Each year, Sacramento County investigates more than 2,500 reports of elder neglect or abuse.
- The most common form of elder abuse by others in Sacramento County in 2003 was financial abuse.
- During 2003, psychological or mental abuse was the second most common type of elder abuse by others in Sacramento County, representing 28% of all confirmed abuse cases.

## SAFETY NET

### Indicators

Access to Information and  
Services  
Poverty and Public  
Assistance  
Food Security  
Housing Assistance  
Homelessness  
Caregiving and Caregivers  
In-Home Support Services

### Safety Net Highlights

- 9,222 older adults over the age of 60 received an average annual SSI income of \$6,305.88.
- Transportation has been reported as a service gap for over 10 years.
- Nearly 45% of the in-home support services caseloads are older adults

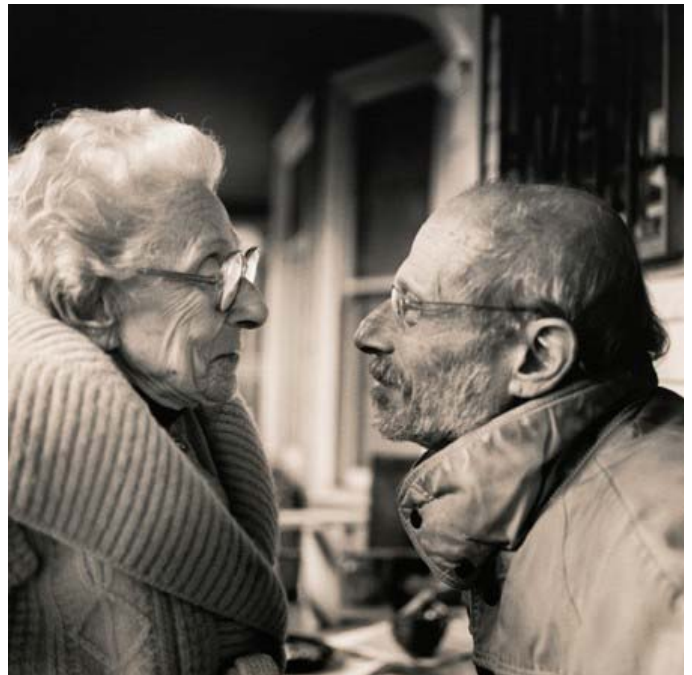
## Using the Profile

Data from *“A Profile of Older Adults in Sacramento County, 2004”* may be useful to policymakers, program managers, service providers, and others interested in the status of older adults in Sacramento County. Knowing what data you have is the first and most strategic step one can take in order to plan, analyze and report on issues. One cannot identify indicators adequately without data. One cannot prioritize need without data. One cannot draft policy without data. A frequent complaint heard at meetings at the State and county level is that there is no data available regarding health and human service issues. Identifying the data and gaps in the data allows us to better advise the County Board of Supervisors on areas where data is weak or nonexistent, and that merit attention. *“A Profile of Older Adults in Sacramento County, 2004”* is the opportunity to take a valuable first step in understanding senior conditions in Sacramento.

## Next Steps

There is much work to be done; *“A Profile of Older Adults in Sacramento County, 2004”* is the first step in providing a broad snapshot of older adults in our community. The Sacramento County Adult and Aging Commission and its community collaborators look forward to input and feedback on what areas are missing, where data can be located, as well as where data can be expanded. The Commission anticipates continuing this very important project for many years to come. Utilizing this information, the Commission and the community will be better equipped to identify and accurately characterize older adults in Sacramento County.

The Adult and Aging Commission will continue to focus attention on the assets and needs of Sacramento County’s older adults and build commitment to action. *“A Profile of Older Adults in Sacramento County, 2004”* will be updated every two to three years. On the years that the Profile is not being updated, it is anticipated that the varying community groups involved with the Profile will produce Issue Briefs delving deeper into the topical areas.



For further information or to request a copy contact:

Adult and Aging Commission  
909 12<sup>th</sup> Street, Suite 200  
Sacramento, CA 95814  
(916) 447-7063 ext. 314, or email  
[anoakes@communitycouncil.org](mailto:anoakes@communitycouncil.org)

The profile is also available for download at:  
[www.communitycouncil.org](http://www.communitycouncil.org)